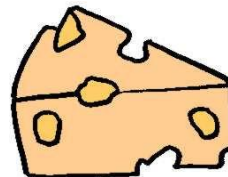
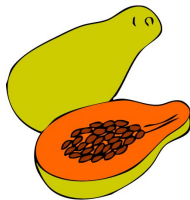
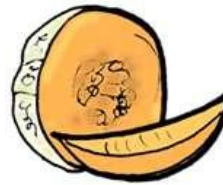
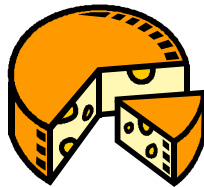
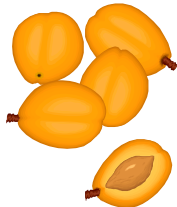
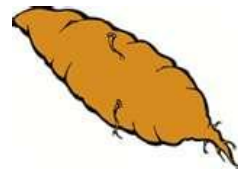




I spy with my little eye...



1. I come in many colors and can be hot or sweet. I am full of vitamins and fiber to keep you healthy. **What am I?**
2. I grow under the ground and am often served at Thanksgiving. But because I only have a small amount of bad fat, I help protect your heart. **What am I?**
3. I have seeds you can eat, meat that makes great bread and a face that can light up the darkest night. **What am I?**
4. I can be eaten raw or dried and am high in vitamin A. I can help keep your hair, skin and gums healthy. **What am I?**
5. I am very low in calories yet have lots of nutrients. I can be served as a wedge or cubed. **What am I?**



Springfield-Greene County
Health Department
Helping people live longer, healthier, happier lives